

Ways to stay healthy and have more energy:

- Choose a variety of foods from each of the groups in MyPlate.
- Eat foods high in iron each day.
- Add a vitamin C food to each meal.
- Try snacks that have iron such as raisins, nuts, or iron-fortified cereals.
- Look for labels that say enriched or iron-fortified. This means iron has been added to the foods.



Everyone needs iron each day, but these people need more than others:

- Babies.
- Preschoolers and toddlers.
- Teenage girls.
- Women (especially women who are pregnant).
- Mothers who had a baby within the past three months.

These people need more iron because they are growing, developing or healing. Generally, the iron needs of these people can be met by eating a variety of foods from MyPlate. For your specific iron needs, check with your doctor, nurse or dietitian.



Department of Health

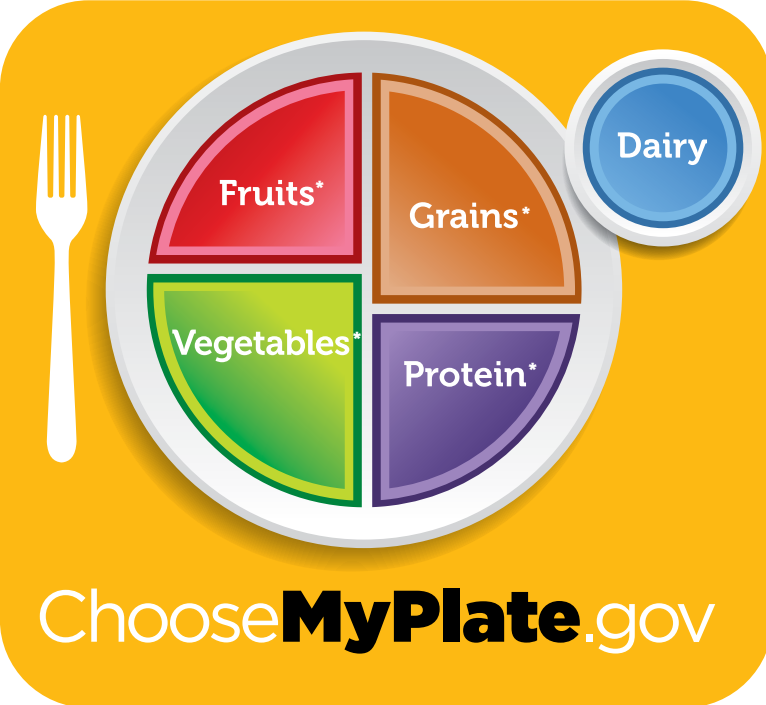
Women, Infants, and Children Program (WIC)

Who Needs Iron?

Everyone needs iron each day, but these people need more.



Babies, preschoolers and toddlers, teenage girls, women, new mothers.



*Contains sources of iron

Do you need iron?

Iron carries oxygen in your blood to all your body's cells so they can do their work.

If you do not have enough iron in your blood, you may:

- Be more likely to get colds and the flu.
- Feel weak, tired, and cranky.
- Have pale or dry skin.
- Be short of breath.
- Have loss of appetite.

Children who don't get enough iron may also have trouble learning.

The best way to have enough iron in your blood is to eat foods that are high in iron.



How do you get enough iron from the foods you eat?

Enjoy eating a variety of vegetables, fruits and grains along with beef, pork, chicken, turkey, and fish.

- The iron in beef, pork, chicken, turkey, and fish is better used by your body.
- These meats also help the body use more iron from the vegetables, fruits, and grains you eat.

Add foods high in vitamin C.

- Vitamin C helps your body use iron better.
- Eat foods that contain vitamin C with foods that are high in iron.

A note for people who don't eat meat:

Your body can get enough iron when you eat dried beans, fruits, vegetables, and grains with foods high in vitamin C.

It is easy to combine foods high in iron and vitamin C:

- Peanut butter on whole-grain bread with orange juice.
- Spaghetti with tomato sauce.
- Iron-fortified cereal with strawberries.
- Bean soup with coleslaw.
- Black-eyed peas with greens.
- Bean burrito with salsa and peppers.

Cautions about iron supplements

- Not everyone needs extra iron. Check with a healthcare provider for your own needs or your child's needs.
- If you or your child need extra iron, follow your healthcare provider's advice.
- Taking too much iron can make you or your child very sick.

Keep supplements and all medications out of reach of children.

Foods high in iron

Meat/alternatives

Beef
Lamb
Turkey
Tuna
Pork
Veal
Chicken
Fish
Shellfish
Tofu
Kidney beans
Dried beans/peas
Eggs
Peanut butter



Vegetables/fruits

Baked potato with skin
Dried apricots, peaches, and prunes
Raisins
Green peas
Greens (collard, kale)
Broccoli

Grains

Whole-grain, iron-fortified cereals
WIC cereals
Infant cereal
Bran muffins
Whole-grain bread
Oatmeal
Rice
Enriched pasta
Flour tortillas
Pita bread
Wheat germ



Foods high in vitamin C

Orange juice
Cantaloupe
Oranges
Grapefruit juice
Strawberries
Grapefruit
WIC juices
Green peppers
Raw cabbage
Cauliflower
Baked potato with skin
Broccoli
Tomatoes
Tomato juice



Reminders about iron

Babies have special iron and food needs. Talk to your WIC health professional about how to feed your baby.

If you drink regular or decaffeinated coffee or tea with your meals, your body may not use iron as well. Instead, drink them between meals.

If you crave a lot of ice and dirt, you may be low in iron. Check with your healthcare provider if you have these cravings.

